

## DSO 463 INFLIGHT TREADMILL

1. Unclip bungees from each other on TM. CAUTION: maintain a firm hold on bungee snaps at all times when not connected.
2. Raise hand hold and lock.
3. Remove monitor from fabric stowage on TM and mount on handle with large thumb screws. Connect speed/input cable (stowed in fabric bag on L front of TM) to monitor (yellow:yellow)
4. Prepare waist belt for doning: attach bungees to harness, release rear buckle all the way & attach 2 bungees. CAUTION: never actuate these releases when bungees are under tension e.g. when standing. Repeat for front bungees.
5. Obtain the OBS amplifier and harness, SCO, Sony recorder from the Clinical Characterization Kit. LOCKER MF28E
6. Don Holter recorder, clean all skin sites with alcohol swab; attach ECG electrodes and connect harness (see fig. below)
7. Install holter battery pack.
8. Open Holter cover; verify tape correctly threaded and pinch roller engaged.
9. Set recorder clock with PBs (steady colon = AM, blinking = PM)
10. Log recorder start time on tape and in MED C/L.
11. Connect electrode harness to recorder; verify tape moving; close cover.
12. Depress event marker, log MET and remain passive for at least 5 Min.
13. To record major activities (eating, sleeping, exercise) depress event marker and log MET in MED C/L
14. Plug the OBS harness into the SCO and into the Treadmill monitor, left green connector.
15. Use gray tape to attach the TM speed sensor to the L front of the TM just above the tread.
16. Use a black marker pen to blacken one tread width beneath the pick-up for 1 1/2 - 2 in. either side of the pick-up.
17. Attach the OBS amplifier to the electrodes as shown in Fig. 1

18. Set up and check TM monitor operation by turning monitor ON, then actuate the rate meter by pushing START/STOP PB (small heart shaped sign should flash in unison with pulse and a heart rate should appear).

19. Push START/STOP PB on R side and move tread (speed should appear in MPH)

20. Set heart rate limits to 125 low and 150 hi by pushing PULSE HI/LO (either HI or LO will appear). Set appropriate limit by pushing UP or DOWN PBs; push HI/LO again and the other limit will appear. Set it.

21. Unbuckle shoulder straps.

22. While seated on TM, don waist belt, fabric side to body and shoulder harness.

23. Stand cautiously on TM and check harness for fit, adjust accordingly.

24. Set bungee straps to approximate mid position and walk cautiously for balance. Check and adjust straps as desired (front straps must usually be taken up.)

CAUTION - WALK/RUN ON TM ONLY WITH SOLID SOLED FOOTWEAR, DO NOT ATTEMPT TO WALK/RUN IN SOXS, BAREFEET OR MOCCASINS.

25. Set speed to TM with knob on R side of TM from 1 (slow) to 7 (fast), adjust bungee load. Note: heart rate depends on speed and bungee load.

26. After labeling cassette, start recording by turning SCO ON, depress PLAY/RECORD.

27. Actuate TM monitor ON by depressing both START buttons; press event button on HOLTER recorder.

28. Begin run, attain a stable heart rate and speed. Adjust bungee load or speed to maintain a HR of 125-150 beats per min. for 20-30 min. if possible.

29. Record strap settings and TM load.

30. At end of run push Holter event marker, wait 5 min (cool down).

31. Detach harness, disconnect 3 OBS electrodes & remove, turn SCO off, Stop recorder. Stow.

32. DO NOT REMOVE THE FIVE HOLTER ELECTRODES, BUT replace any that are loose from sweat..

33. Continue wearing the Holter until post-flight arrival in medical facility.